

June 2004

Available Now...

Dairy Products

June is National Dairy Month! Colorado's 100,000 milk cows produce more than 270 million gallons of milk annually. Enjoy a tall glass of milk, a bowl of ice cream or a chunk of cheese to celebrate this moo-ving month!

Dairy products such as milk, cheese and yogurt provide nine essential nutrients including calcium, potassium, protein, phosphorus, riboflavin, niacin and Vitamins A, B12 and D.



Look for Colorado dairy products at your local grocery store, farmers' market or on the menu at restaurants.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Cheese Fondue

Colorado Chef Bob Holloway, Eggland's Best Eggs, Platteville

½ lb. Swiss cheese, shredded

½ lb. Gruyere cheese, shredded

2 tbsp. Cornstarch

1 Garlic clove, peeled

1 cup Dry white wine

1 tbsp. Lemon juice

1 tbsp. Cherry brandy

½ tsp. Dry mustard

Pinch Nutmeg

In a small bowl, coat the cheeses with cornstarch and set aside. Rub the inside of the ceramic fondue pot with the garlic, then discard. Over medium heat, add the wine and lemon juice and bring to a gentle simmer. Gradually stir the cheese into the simmering liquid. Melting the cheese gradually encourages a smooth fondue. Once smooth, stir in cherry brandy, mustard and nutmeg. Occasionally stir to maintain consistency.

Arrange an assortment of bite-sized dipping foods around fondue pot. Serve with chunks of French and pumpernickel breads. Some other suggestions are Granny Smith apples and blanched vegetables such as broccoli, cauliflower, carrots, and asparagus. Spear with fondue forks or wooden skewers, dip, swirl and enjoy!

Enjoy with a Colorado wine, such as a glass of Mountain Spirit Duet from Mountain Spirit Winery, located in Salida, Colorado.

Next Month...Broccoli